



## Means Of Physical Education Of Primary School Students, Cities Of The Ferghana Region

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### ABSTRACT

The means of physical education of younger schoolchildren are physical exercises, physical labour, the use of hygiene factors, and the health-improving forces of nature. This article provides an example of several schools located in the central cities of the Fergana region.

### KEYWORDS

Younger, schoolchildren, physical labour, useful habits, physical abilities, prevent overwork, marathons, jumps.

### INTRODUCTION

Physical exercise is the primary means of physical education in school. With their help, tasks are carried out aimed at the comprehensive physical development of children, the formation of correct skills of such

natural movements as walking, running, jumping, throwing, climbing and others, the development of basic physical qualities (agility, speed, strength, endurance), the upbringing of

positive moral and volitional qualities and useful habits.

In physical education classes and general physical training clubs, basic gymnastics exercises (building and rebuilding; basic positions and movements of the arms, legs, and torso; exercises with balls, skipping ropes; acrobatic and dance exercises, exercises on the gymnastic wall, body balance, walking and running; jumping, throwing), outdoor games, ski training, swimming, and athletics exercises in the 3rd grade are used.

Physical labour is an important means of physical education for schoolchildren. Physical labour is necessary for the development and support of a person's physical strength, health, and physical abilities. Primary school students at school and home perform physical labour related to self-service, meeting the needs of everyday life, socially useful work (work on land plots, caring for sports grounds, etc.) [2].

## MATERIALS AND METHODS

With the education of a conscious and positive attitude to physical labour, children develop valuable physical qualities and skills. Manual labour lessons, socially useful work of children and work in everyday life should be organized, adhering to the necessary hygiene requirements and correctly dosing physical activity.

Hygiene factors are the student's daily routine and compliance with hygiene rules. It should be especially noted that this is becoming more important than ever in these days of the pandemic. The child's activities should be organized in such a way that hygiene recommendations are followed in school, work, recreation, nutrition, physical exercises, and so on. The correct daily routine (at school

and home) prevents overwork, promotes successful completion of all tasks, and eliminates waste of time.

For children to adhere to the daily routine established for them during extracurricular hours, the teacher needs to conduct explanatory work, both with children and with parents, to achieve conscious assimilation of the theoretical information on physical culture provided for in the program, which reveals the main provisions on the students' motor mode. Students should understand the need to follow a daily routine as an important condition for successful study, physical development, and fostering healthy habits.

Using the indicative daily schedule for students of general education schools approved by the Ministry of Education of Ukraine, the teacher, together with their parents, draws up a schedule for students. The distance of the school from home (this is especially important for rural schools), home conditions, participation in social work and clubs, and the child's health status are taken into account [3]. Systematic compliance of children with the daily routine is possible, provided that both the school and parents constantly monitor the implementation of the daily routine by children.

An important component of the regime is the observance of children's hygiene rules in everyday life. Instilling them with a conscious habit of adhering to the rules of personal and public hygiene is one of the main tasks of physical education of younger schoolchildren, which is carried out jointly by the school and family.

Health factors (air, sun, water) can be used as an independent means of promoting health and hardening of the body of the child, such as

the adoption of air and sunbathing, bathing, wiping water, as well as in combination with exercise - air baths during the morning exercises, hydrotherapy after morning exercises and so forth [4].

The best way to develop the endurance of younger schoolchildren is to play games with short repetitions of actions and with continuous movement associated with a significant expenditure of energy and effort. However, the total number of repetitions should be small and should be alternated with short rest breaks. For example, in city schools Kuvasaya is supposed to rest for 15-20 minutes after each shift, except for lunch.

The main directions of speed development: increasing the speed of single simple movements and the frequency of movements

in locomotor, that is, related to the movement of the whole body in space, actions. Simple motor reactions are movements-responses to known signals that appear suddenly. In real life, they are of great importance, for example, during operations in difficult terrain conditions, when driving mechanisms. The transition from already produced motor reactions to new ones is quite fast: a fast reaction in some conditions stimulates the same reaction in others [4].

The speed of a child's reaction largely depends on the type of nervous system and is a natural quality, but it can be developed with the help of certain exercises. For example, different short marathons in the form of jumps and different relays. The picture shows 1 jump relay of 3 classics of the 1st school of Margilan.



Figure 1. E-relay of jumps of 3 classics of the 1st school of the city of Margilan

Complex motor reactions are equally important for primary school children. The main ones are the reaction to an object that moves and the reaction of choice [5]. To improve the ability of children to quickly catch the object that moves with their eyes, the teacher uses outdoor games with large and small balls. Exercises can be made more difficult by increasing the speed of flight, making unexpected throws, or shortening the distance between players. Gradually, children

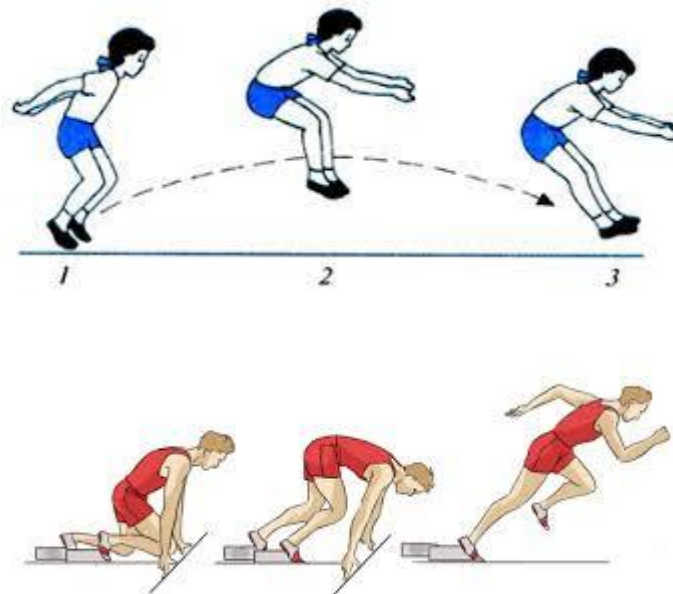
develop the ability to foresee the direction and speed of movement of the object, while simultaneously developing the speed and accuracy of the corresponding movement.

The choice reaction is finding the best (out of several possible options) response to the action of the "enemy". It is advisable to include most of the movements in mobile games to train the choice reaction [5].

The frequency of movements during walking, running, swimming, and skiing is performed in two ways: performing the movement as a whole at maximum speed and improving the speed of its elements (pushing off, kicking, and so on). For this purpose, the teacher makes extensive use of games, exercises with sudden stops, and covering short distances in the shortest possible time. For the correct organization of the educational process in physical culture, it is necessary to know the state of development of the physical qualities of each student. You can evaluate them using rapid tests that are given in the program: long jump from a standstill, running for 30 m, throwing a stuffed ball (weight-1 kg), squeezing a hand.

Long jump from a standstill shows the development of leg strength and speed of movement. To perform it, the student stands on the starting line (socks behind the dash), feet shoulder-width apart, swings his arms back and, pushing off with both feet, jumps forward, landing on both feet. Do not lift your heels off the floor while swinging your hands. Out of three attempts, the best one is evaluated.

With the help of a 30-meter run, which is carried out from a high start on the playground or indoors (in rubber slippers), the speed and strength qualities of the child are evaluated. The student runs the distance twice with a break of 10-15 minutes. The best result is taken into account. Two schoolchildren take part in each race [5].



To assess the speed and strength qualities of the muscles of the arms and torso, use throwing a stuffed ball with both hands from behind the head, sitting on the floor. Out of three shots, the best result is recorded, which is measured from the starting line (behind the

back) to the place where the ball falls. A marked-up rubber track is used for the measurement. At a distance of up to 1.5 m in front of the student, a cord is pulled or an obstacle of the same height is placed, which will determine the trajectory of the ball's

departure at an angle of 40-45° because the result of the throw depends on it. The hand compression force is measured with a hand-held child dynamometer twice with each hand in turn. It is held in an outstretched hand. Of the two attempts, the best one is taken into account. Lessons on taking rapid tests should be organized so that the exams can be held in one or two classes. At the beginning of the lesson, students of the entire class run for 30 m, then the class is divided into 3 groups, which corresponds to the number of rapid tests [3-6].

Test results are entered in the corresponding columns of the class log. Rapid tests should be conducted twice during the academic year: from September 15 to 25 and from April 15 to 25. The results of students are compared with the standards for assessing the physical fitness of children of the appropriate age and gender. This makes it possible to assess the student's physical fitness in five levels - low, below average, medium, above average and high.

## CONCLUSIONS

Based on the work done, we can draw the following conclusions:

- The specifics of education of younger schoolchildren are determined by their anatomical, physiological and psychological characteristics. In primary school age, the leading activity is play, so physical education lessons should be planned with this very important feature in mind;
- About one of the leading places in the system of physical education and training of primary school children belongs to the game. It is games that contribute to the assimilation of a wide variety of knowledge, skills, and the development of

motor abilities. The relationship between play and learning is manifested in the influence of play on the formation of elements of educational activity;

- Teaching physical education classes in junior classes should be filled with fairy-tale and game stories, which makes it possible to maintain a high emotional mood of students, increase interest in motor activity in the classroom and outside of school hours, and easily and successfully adapt to school life.

At physical education classes in junior classes, it is recommended to conduct general development exercises of various directions using musical accompaniment. Special attention should be paid to special exercises for the formation of correct posture and correction of flat feet.

It is advisable to spend holidays, health days, sports activities, and hikes with children of primary school age. They help to increase the functional and adaptive capabilities of the child's body, have a general strengthening effect, and act as a powerful means of forming a comprehensively developed personality.

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